

**Central Aquatic Center**

Located at 520 Fairground Street next to the Cobb Civic Center in the Larry Bell Fitness Complex

**Hours of operation:**

Lap Swim:	Mon-Thurs	6 am-8 pm
	Fri	6 am-6 pm
	Sat	9 am-2 pm
	Sun	Closed

Call for available open swim times (770) 528-8465.

**Swimming Lessons Winter 2014**

Session I	January 7-23
Session II	January 28-February 13 <sup>th</sup>
Saturday	January 4-February 15 <sup>th</sup> (Skip Jan 25 – Swim Meet)

Swim lesson registration for Cobb County Residents will be held at 9:00 am on November 23, 2013.

Non-Cobb resident's registration begins at 9:00 am on November 25<sup>th</sup>

**Mountain View Aquatic Center**

Located at 2650 Gordy Parkway in East Cobb

**Hours of operation:**

Lap Swim:	Mon.-Thu.	6 am-8 pm
	Fri	6 am – 7 pm
	Sat	9 am-12 pm
	Sun	Closed

Call for available open swim times (770) 509-4925.

**Swimming Lessons Winter 2014**

Session I	January 6-23
Session II	January 27-February 13
Saturday	January 4 – February 15 (No Class Jan. 18 – swim meet)

Swim lesson registration for Cobb County Residents will be held at 10:00 am on November 23, 2013.

Non-Cobb resident's registration begins at 10:00 am on November 25<sup>th</sup>

**West Cobb Aquatic Center**

Located at 3675 Macland Road in Powder Springs

**Hours of operation:**

Lap Swim:	Mon.-Fri.	6 am-9 pm
	Sat	9 am-5 pm
	Sun	Closed

Call for available open swim times 770-222-6700

**Swimming Lessons Winter 2014**

Session I	January 6-22 <sup>nd</sup>
Session II	January 27-February 12 <sup>th</sup>
Saturday	January 4-February 8 <sup>th</sup>

Swim lesson registration for Cobb County Residents will be held at 2:00 pm on November 23<sup>rd</sup>, 2013.

Non-Cobb resident's registration begins at 2:00 pm November 25<sup>th</sup>

**South Cobb Aquatic Center**

Located at 875 Six Flags Drive in Austell

**Hours of Operation:**

Mon – Fri	8 am – 9 pm
Sat	9 am – 5 pm
Sun	2 pm – 5 pm

Call for available open swim and lap swim times 770-739-3180

**Swimming Lessons Winter 2014**

Session I	January 6-23
Session II	January 27-February 13
Saturday	January 4-February 8 <sup>th</sup>

Swim lesson registration for Cobb County Residents will be held at 6:00 pm on November 22, 2014.

Non-Cobb resident's registration begins at 9:00 am November 23

**Aquatic Center – Lessons****Adult Basics (age 15+)**

This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introducing freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

63601 Sat Jan 4-Feb 15 1:00- 1:50 PM

63602 T, Th Jan 7-23 7:00-7:50 PM

63603 T, Th Jan 28-Feb 13 7:00-7:50 PM

**South Cobb Aquatic Center**

63650 Sat Jan 4-Feb 8 11:00- 11:50 AM

63651 T, Th Jan 7-23 6:00- 6:50 PM

63652 T, Th Jan 28-Feb 13 6:00- 6:50 PM

**West Cobb Aquatic Center**

63566 Sat Jan 4-Feb 8 1:10- 2:00 PM

63567 T, Th Jan 28-Feb 13 8:10- 9:00 PM

**Adult Basics II (age 15+)**

This class is designed to teach adults who have successfully completed Adult Basics 1. It will teach freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

63604 Sat Jan 4-Feb 15 12-12:50 PM

**Adult Stroke Development (age 15+)**

This class is for individuals who can swim at least 50 yards of freestyle without stopping and can swim backstroke and breaststroke, and who are comfortable in deep water. This class will teach increased endurance and improved stroke proficiency.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

63605 Sat Jan 4-Feb 15 11:00-11:50 AM

**Adult Advanced Stroke Development (age 15+)**

This class is for individuals who have completed the Adult Stroke Development class and who are comfortable swimming laps and being in deep water. This class will build ones endurance and improve stroke proficiency.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

63606 Sat Jan 4-Feb 15 10-10:50 AM

**Preschool****Parent Tot (age 6mos-3 yrs)**

The 'Parent-Tot' class is designed for children from ages 6 months to 3 years old and they must be accompanied by an adult in the water. This class introduces the child to the water while teaching the Parent skills to help the child adjust to the water. These skills include Blowing Bubbles, Kicking, Pulling, and going Under Water. Children are required to wear Swim Diapers - No disposable diapers please.

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

**Central Aquatic Center**

63615 Sat Jan 4-Feb 15 8:30- 9:00 AM

**Mountain View Aquatic Center**

63546 Sat Jan 4-Feb 15 9:00- 9:30 AM

63536 T, Th Jan 7-23 1:00-1:30 PM

63537 T, Th Jan 28-Feb 13 1:00-1:30 AM

**South Cobb Aquatic Center**

63667 Sat Jan 4-Feb 8 9:00- 9:30 AM

**West Cobb Aquatic Center**

63584 T, Th Jan 7-23 11:00- 11:30 AM

63585 T, Th Jan 28-Feb 13 11:00- 11:30 AM

63583 M, W Jan 06-22 11:00- 11:30 AM

63600 M, W Jan 27-Feb 12 11:00- 11:30 AM

63586 Sat Jan 4-Feb 8 9:10- 9:40 AM

**Parent Tot II (age 18mos-3 yrs)**

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

**South Cobb Aquatic Center**

63666 Sat Jan 4-Feb 8 9:00- 9:30 AM

**TADPOLE (age 3-5)**

The 'Tadpole' class is designed for the Pre-School aged child ages 3-5 years old that has no experience in the water. This class will introduce children to the water as well as basic water skills such as; Blowing Bubbles, Kicking, Floating and Gliding. To progress to the 'Minnow' swim class students must be able to fully submerge under water, float with support and have no fear of the water.

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

**Central Aquatic Center**

63619 Sat Jan 4-Feb 15 9:00-9:30 AM

## Tadpole continued

### Mountain View Aquatic Center

63544	M, W	Jan 6-22	3:00 -3:30 PM
63545	M, W	Jan 27-Feb 12	3:00 -3:30 PM
63542	T, Th	Jan 7-23	2:00 PM- 2:30 PM
63543	T, Th	Jan 28-Feb 13	2:00 PM- 2:30 PM
63547	Sat	Jan 4-Feb 15	9:45-10:15 AM

### South Cobb Aquatic Center

63676	Sat	Jan 4-Feb 8	9:30-10:00 AM
63683	M,W	Jan 6-22	4:30- 5:00 PM
63674	T, Th	Jan 7-23	4:30- 5:00 PM
63684	M,W	Jan 27- Feb 12	4:30- 5:00 PM
63675	T, Th	Jan 28-Feb 13	4:30- 5:00 PM

### West Cobb Aquatic Center

63595	Sat	Jan 4-Feb 8	9:45-10:15 AM
63596	M, W	Jan 6-22	11:45 AM -12:15 PM
63597	T, Th	Jan 7- 23	11:45 AM -12:15 PM
63598	T, Th	Jan 28-Feb 13	12:30 PM -1:00 PM
63599	T, Th	Jan 7-23	6:30- 7:00 PM

### MINNOW (age 3-5)

The 'Minnow' swim class is designed for the Pre-School aged child (3-5) who have some experience in the water. This class will work on Gliding, Jumping and Swimming on their Front and Back. To progress to the 'Seals' swim class students must Float Unassisted on their Front and Back, demonstrate Bobbing and Swim Unassisted on their front for 3 body lengths with combined arm and leg action.

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

### Central Aquatic Center

63610	Sat	Jan 4-Feb 15	9:45-10:15 AM
63611	T, Th	Jan 7-23	1:00- 1:30 PM
63612	T, Th	Jan 28-Feb 13	1:00-1:30 PM
63613	T, Th	Jan 7-23	1:30- 2:00 PM
63614	T, Th	Jan 28-Feb 23	1:30- 2:00 PM

### Mountain View Aquatic Center

63534	M, W	Jan 6-22	3:45 - 4:15 PM
63535	M, W	Jan 27-Feb 12	3:45 - 4:15 PM
63532	T, Th	Jan 7-23	2:45 PM- 3:15 PM
63533	T, Th	Jan 28-Feb 13	2:45 PM- 3:15 PM
63548	Sat	Jan 4-Feb 15	10:30-11:00 AM

### South Cobb Aquatic Center

63663	Sat	Jan 4-Feb 8	9:30-10:00 AM
63664	M,W	Jan 6-22	4:30- 5:00 PM
63679	T, Th	Jan 7-23	4:30- 5:00 PM
63680	M,W	Jan 27- Feb 12	4:30- 5:00 PM
63665	T, Th	Jan 28-Feb 13	4:30- 5:00 PM

## Minnow Continued

### West Cobb Aquatic Center

63574	M, W	Jan 27-Feb 12	11:45-12:15 PM
63576	M, W	Jan 6- 23	12:30-1:00 PM
63577	M, W	Jan 6-23	1:15-1:45 PM
63575	T, Th	Jan 28-Feb 14	11:45 -12:15 PM
63578	T, Th	Jan 7- 23	12:30 -1:00 PM
63579	T, Th	Jan 28-Feb 13	1:15 -1:45 PM
63580	T, Th	Jan 28-Feb 13	6:30-7:00 PM
63581	T, Th	Jan 7-23	6:30-7:00 PM
63582	Sat	Jan 4-Feb 8	10:30-11:00 AM

### SEAL (age 3-5)

This class is designed for preschool aged child (3-5) who can already swim. This class will work on alternating arm and leg action, rhythmic breathing and confidence in the water. This is the highest Preschool class and students will progress out of this class when they are ready for "Advanced Beginner" between ages 5 & 6

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

### Central Aquatic Center

63617	Sat	Jan 4-Feb 15	10:30-11:00 AM
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### Mountain View Aquatic Center

63540	M, W	Jan 6-22	4:30 - 5:00 PM
63541	M, W	Jan 27-Feb 12	4:30 - 5:00 PM
63538	T, Th	Jan 7-23	3:30 - 4:00 PM
63539	T, Th	Jan 28-Feb 13	3:30 - 4:00 PM
63549	Sat	Jan 4-Feb 15	11:15-11:45 AM

### South Cobb Aquatic Center

63668	Sat	Jan 4-Feb 8	9:30-10:00 AM
63681	M,W	Jan 6-22	4:30- 5:00 PM
63669	T, Th	Jan 7-23	4:30- 5:00 PM
63682	M,W	Jan 27- Feb 12	4:30- 5:00 PM
63670	T, Th	Jan 28-Feb 13	4:30- 5:00 PM

### West Cobb Aquatic Center

63588	M, W	Jan 27-Feb 12	12:30- 1:00 PM
63589	M, W	Jan 27-Feb 12	1:15- 1:45 PM
63590	T, Th	Jan 7- 23	1:15- 1:45 PM
63591	T, Th	Jan 28-Feb 13	6:30- 7:00 PM
63592	Sat	Jan 4-Feb 8	10:30- 11:00 AM

**Cobb County Swim Lesson Program - Age 5 & up****BEGINNER Swim Class (age 5 & up)**

This class is designed for true Beginners. This class begins at age 5 for the child with no swimming experience or a child who has a fear of the water. This class will teach floating, kicking, blowing bubbles and submersion. To complete this Level Students must be able to float on their stomach and back, submerge fully under water and kick for 2 body lengths without assistance before progressing to 'Advanced Beginner'.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

63609 Sat Jan 4-Feb 15 11:00-11:50 AM

**Mountain View Aquatic Center**

63530 T, Th Jan 7- 23 4:00- 4:50 PM

63531 T, Th Jan 28-Feb 13 4:00- 4:50 PM

63550 Sat Jan 4-Feb 15 10:00-10:50 AM

**South Cobb Aquatic Center**

63662 Sat Jan 4-Feb 8 10:10AM-11:00 AM

63661 M,W Jan 6-22 5:10PM- 6:00 PM

63678 T, Th Jan 7-23 5:10PM- 6:00 PM

63660 M,W Jan 27- Feb 12 5:10PM- 6:00 PM

63677 T, Th Jan 28-Feb 13 5:10PM- 6:00 PM

**West Cobb Aquatic Center**

63573 Sat Jan 4-Feb 8 11:10-12:00 PM

63572 T, Th Jan 7-23 7:10- 8:00 PM

**ADVANCED BEGINNER (age 6-15)**

The Advanced Beginner Swim Class is for children ages 6 and up who are comfortable going Under Water and can Float without assistance. This class will build upon the skills taught in the Beginner class and introduce the Front Crawl and Backstroke. It will also include orientation to Deep Water. To complete this class and progress to 'Stroke Development' participants must swim 15 feet unassisted on their stomachs and on their backs, demonstrate taking a breath while swimming their front and be able to roll from front to back and back to front while swimming.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

63607 Sat Jan 4-Feb 15 12:00-12:50 PM

**Mountain View Aquatic Center**

63526 M, W Jan 6- 22 5:00- 5:50 PM

63527 M, W Jan 27-Feb 12 5:00- 5:50 PM

63528 T, Th Jan 7- 23 5:00- 5:50 PM

63529 T, Th Jan 28-Feb 13 5:00- 5:50 PM

63551 Sat Jan 4-Feb 15 11:00-11:50 AM

**Advanced Beginner Continued****South Cobb Aquatic Center**

63653 Sat Jan 4-Feb 8 10:10AM-11:00 AM

63655 M,W Jan 6-22 5:10PM- 6:00 PM

63654 T, Th Jan 7-23 5:10PM- 6:00 PM

63656 M,W Jan 27- Feb 12 5:10PM- 6:00 PM

63658 T, Th Jan 28-Feb 13 5:10PM- 6:00 PM

**West Cobb Aquatic Center**

63568 T, Th Jan 28-Feb 13 7:10- 8:00 PM

63569 Sat Jan 4-Feb 8 11:10-12:00 PM

**STROKE DEVELOPMENT (age 6-15)**

The Stroke Development Swim Class is for children ages 6 and up who can swim 15 feet unassisted on their front and back, using any type of rhythmic breathing. This class will build upon the skills taught in the Advanced Beginner Swim Class and introduce Breaststroke, Diving, and Treading Water. Students should be comfortable in Deep Water. To progress to the 'Advanced Swimmer' swim class students must be able to swim 25 yards Front Crawl with Rhythmic Breathing, swim on their back for 25 yards and Jump into Deep Water and Level off and swim without assistance.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

63618 Sat Jan 4-Feb 15 9:00- 9:50 AM

**Mountain View Aquatic Center**

63552 Sat Jan 4-Feb 15 10:00-10:50 AM

**South Cobb Aquatic Center**

63671 Sat Jan 4-Feb 8 10:10-11:00AM

**West Cobb Aquatic Center**

63593 T, Th Jan 7-23 7:10- 8:00 PM

63594 Sat Jan 4-Feb 8 12:10-1:00 PM

**ADVANCED SWIMMER (age 6-15)**

The Advanced Swimmer class is for children ages 6 and up who can swim 25 yards unassisted on their front with rhythmic breathing and swim 25 yards on their back using a combined arm and leg action. This class will work on stroke technique and endurance for all 4 competitive swimming strokes. To progress to the 'Pre-Competitive' Swim Class students must demonstrate 50 yards of Front Crawl with rhythmic breathing and swim 25 yards of Back Crawl and Breaststroke.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

63608 Sat Jan 4-Feb 15 10:00-10:50 AM

**Mountain View Aquatic Center**

63553 Sat Jan 4-Feb 15 11:00-11:50 AM

## Advanced Swimmer Continued

### South Cobb Aquatic Center

63659 Sat Jan 4-Feb 8 11:00-11:50 AM

### West Cobb Aquatic Center

63570 T, Th Jan 28-Feb 13 7:10- 8:00 PM

63571 Sat Jan 4-Feb 8 12:10- 1:00 PM

## PRE-COMPETITIVE (age 6-15)

The 'Pre-Competitive' swim class is designed for those students who can swim 50 yards Freestyle with Rotary Breathing and 25 yards each of Backstroke and Breaststroke. This class will focus on endurance, starts, turns, and overall efficiency and technique of all four competitive strokes. There are no exit skills for this class, as students will continue to improve on their strokes through more practice.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

### Central Aquatic Center

63616 Sat Jan 4-Feb 15 11:00-11:50 AM

### West Cobb Aquatic Center

63587 Sat Jan 4- Feb 8 1:10- 2:00 PM

## Additional Programs

**Lifeguard Training** - Class is designed to certify individuals in lifesaving, standard first aid and CPRO (CPR for the professional rescuer).

**Cardio Pulmonary Resuscitation** – Class is designed to certify individuals in the American Red Cross CPRO class

**Water Safety Instructor** – Class is designed to certify individuals to teach American Red Cross swimming lessons.

## Competitive Diving:

The Central Aquatic Center host a USA competitive diving team.

For more information contact Bill Humber, Metro Atlanta Diving at 404-797-1222.

## Competitive Swimming:

Cobb County Aquatic Facilities host several USA competitive swim teams.

Chattahoochee Gold	770-928-1506
Kennesaw Tidal Wave	770-499-3296
Marietta Marlins	770-578-0934
Stingrays	770-310-1312

## Adult Aquarobic classes:

### Central Aquatic Center

9:00 am Mon/Wed/Fri Aerobics

10:00 am Mon/Wed/Fri Seniors

5:30 pm Mon/Wed Aerobics

### Mountain View Aquatic Center

8:00am M/W/F Aerobics (shallow water)

9:00am M - F Aerobics (deep water)

10:00am M/W/F Arthritis, Fibro

T/TH Aerobics (shallow water)

11:00am M/W/F Adaptive & arthritis

6:00 pm M - F Aerobics (shallow water)

### South Cobb Aquatic Center

10:00am Mon-Fri Aerobics (shallow water)

6:00 pm M/W Aerobics (shallow water)

### West Cobb Aquatic Center

9:00 am Mon-Fri Aerobic (shallow water)

9:10 am Sat Aerobic (shallow water)

10:00 am M/W/F Low Intensity (shallow)

6:00 pm Tues Aerobics (deep water)

6:00 pm Thu Aerobics (deep water)

7:00 pm M/W Aerobics (shallow water)

11:10am M/W/F Low Intensity (shallow)

## Aquarobic Fees:

Adults \$4.50 per class (10-visit pass \$45.00)

Seniors \$2 per class (10-visit pass \$20.00)

## Shallow Water:

Low impact, mid to high intensity to get blood flowing. A good aerobic workout with muscle toning

## Deep Water:

Enjoy a deep water workout that has no impact on the joints, yet high intensity to burn calories...very cardiovascular...add a little body sculpting and you have a total body workout.

## Cobb Aquatics

### Indoor Facilities

#### ADMISSION FEES

	Adult	Youth	Senior
Daily	\$ 4.50	\$ 3.50	\$2.12
10 Visit	\$ 34.50	\$ 19.93	\$13.78
Monthly	\$ 37.86	\$ 27.40	\$19.08
Quarterly	\$ 103.13	\$60.28	\$ 42.40
Annual	\$ 272.02	\$186.83	\$131.44
Family Passes			
Size	3 mo	Annual	
4	\$146.28	\$585.12	
5	\$161.12	\$644.48	
6 +	\$174.90	\$699.60	

Non-residents will be charged an additional \$25.00 non-resident fee